PE 308 THEORY AND PSYCHOLOGY OF COACHING

Chapter 12
Planning for Teaching

KEY CONCEPTS

1. Having an instructional plan benefits coaches and athletes alike.
2. The development of an instructional plan should involve input from the athletes.
3. Appropriate skill progressions are important for both learning and safety.
4. To help athletes optimize skill acquisition, coaches need to properly pace the athletes' learning of new technical and tactical skills.

KEY CONCEPTS

5. Coaches need to properly pace athlete training and conditioning so that the athletes can physically adapt to workloads placed on them.

6. Coaches must learn to make the most of available time, space, and equipment in order to maximize the athletes’ experience.

7. Through appropriate planning, the coach can keep the athletes busy working, which leaves little time for disciplinary problems.

BENEFITS OF PLANNING

Through planning, you are far more likely to:

1. Keep your athletes actively involved, resulting in more learning and enjoyment during practices.
2. Provide challenging and relevant learning situations.
3. Teach skills in the appropriate progression to maximize learning and safety.
4. Pace the learning and conditioning so your athletes are not overloaded or overtrained.
5. Make the best use of available time, space, and equipment.
6. Minimize discipline problems.
7. Increase your confidence in your ability to manage various situations.

SIX STEPS OF INSTRUCTIONAL PLANNING

1. Step 1: Identify the skills your athletes need
    a. Sources of identifying skills
    b. Technical skills
    c. Tactical skills
    d. Physical skills
    e. Mental skills
    f. Communication skills
    g. Character development

2. Step 2: Know your athletes
    h. What to evaluate
    i. How to evaluate

SIX STEPS OF INSTRUCTIONAL PLANNING

3. Step 3: Analyze your situation
   a. Available time
   b. Available facilities and space
   c. Available equipment
   d. Available coaching staff

4. Step 4: Establish priorities
   e. Importance or centrality of the skill to playing the sport
      1) What must be taught
      2) What should be covered
      3)What could be covered

SIX STEPS OF INSTRUCTIONAL PLANNING

4. Step 4: Establish priorities (cont.)
   b. Athletes' readiness to learn the skill
      1) Physiological readiness to learn the skill
      2) Psychological readiness to learn the skill
      3)Are there progressions that should be followed?
      4) Is it safe to teach this skill?

5. Step 5: Select the appropriate methods for teaching skills
   a. Learning through playing
   b. Selecting one method over another method
      1) When the traditional approach is more advantageous
      2)When the games approach is more advantageous
   c. Collecting games, drills, quizzes, stories, videos, and other materials as instructional tools

SIX STEPS OF INSTRUCTIONAL PLANNING

6. Step 6: Plan practices
    a. Basic elements of a practice plan
        1) Date, time, and length of practice
        2) Objectives of practice
        3) Equipment needed
        4) Warm-up
        5) Reviewing previously taught skills
        6) Teaching and practicing new skills
        7) Cool-down
        8) Coaches’ comments
        9) Evaluating practice